Healthier Eating Made Easy

No one is happy ditching red meat, eggs and fried foods to eat nothing but salad. Giving up everything you love eating in the name of a healthy diet is a certain recipe for disaster. But there are ways to prepare what you love and still eat healthy. Here's how:

Trim excess fat: Remove fat from red meat and fat and skin from poultry.

Use low-fat flavorings: Spice up meats with herbs and non-fat marinades. Citrus juices seasoned with herbs and a drizzle of oil make a great low-fat marinade for meat, poultry or seafood. You also can baste meat with wine or lemon juice during cooking to add flavor.

Rinse away fat: After cooking ground beef, place the beef in a colander and rinse it with water before adding it to your favorite dishes. This simple step can drastically reduce the fat content in your meals.

Substitute: Try using different meats. Chicken and turkey can be used in place of red meat in many of your favorite recipes, giving them a new flavor while reducing fat.

Shun frying: Instead of frying, try baking, broiling, poaching, grilling or roasting your meals. These methods tend to produce lower saturated-fat levels while retaining flavor.

Try fish: Many varieties of fish contain lower amounts of fat and sodium than chicken and beef. Fish also contains essential vitamins and minerals, as well as omega-3 fatty acids.

Reduce portion sizes: When shopping for meat, choose smaller cuts. One serving of meat is only 3 ounces, or about the size of a deck of cards.

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